

# ATISHA KADAMPA MEDITATION CENTRE

Jan - Jul 2024



MEDITATION

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MODERN BUDDHISM

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CLASSES & EVENTS

Darlington & the North East



## FOUNDER & SPIRITUAL GUIDE

Atisha Centre was opened in October 1992 by Venerable Geshe Kelsang Gyatso Rinpoche, a world-renowned meditation master who has founded hundreds of centres around the world as part of the New Kadampa Tradition - International Kadampa Buddhist Union. He is the Spiritual Guide to thousands of people worldwide.

Everything you see in this brochure - classes, courses, retreats etc - is a manifestation of the compassionate heart of this remarkable holy being.



## GENERAL SPIRITUAL DIRECTOR

Gen-la Kelsang Dekyong has been a faithful disciple of Venerable Geshe Kelsang Gyatso Rinpoche for nearly 40 years and holds the lineages of his blessings in her heart.

Gen-la is greatly respected for the power and sincerity of her teachings and the warmth of her personality. She is an inspiring example of a modern Kadampa disciple who relies sincerely upon her Spiritual Guide in all her actions.



## RESIDENT TEACHER

Gen Kelsang Chogma has been practising and teaching meditation and Kadampa Buddhism for over 25 years.

Ordained as a Buddhist nun in 2009 by Venerable Geshe Kelsang Gyatso Rinpoche she serves as a joyful example of the ordained way of life in the modern world.

# CLASSES AT ATISHA KMC, DARLINGTON



## Tuesdays 7:30-8:45pm

with Gen Chogma

January 9, 16, 23, 30  
February 6, 13, 27 (NOT 20)  
March 5, 12, 19, 26  
April 16, 23, 30 (NOT 2 or 9)  
May 7, 14, 21 (NOT 28)  
June 4, 18, 25 (NOT 11)  
July 2, 9, 16, 23

These classes are suitable for all levels of experience. There is no need to book – everyone is welcome to attend any class. Tuesday evening classes are also available via live-stream for monthly members.

**Tuesdays  
11am-12noon**

**Prayers for World  
Peace class**  
with Ken Standley  
(free)

Including a short teaching, guided meditations and inspiring prayers, this free class is a way to make a positive contribution to the world.  
(same dates as above)

**Tuesdays  
1pm ~ 15-min**

**guided meditation**  
(free)

Take some time out of your day to reset, relax and refresh your mind.

These meditations are based on the Living Meditation series.  
(same dates as above)

**Thursdays  
11am-12noon**  
**Happiness Hour**  
with Gen Chogma

With guided meditations from the Living Meditation series and a short teaching on positive thinking.

Jan 11, 18, 25  
Feb 1, 8, 15, 29 (NOT 22)  
Mar 7, 14, 21, 28  
Apr 18, 25 (NOT 4 or 11)  
May 2, 9, 16 (NOT 23)  
June 6, 20, 27 (NOT 13)  
July 2, 9, 16, 23

## CLASSES IN OTHER TOWNS

We hold regular classes in Durham, Middlesbrough and Barnard Castle.  
We also hold some taster classes in other towns - sign up for our newsletter and follow us on social media for updates.

Everyone is welcome to attend any class. No need to book, just come along.

£6 per class or four classes for £18 (free for monthly members)

Please see class flyer or website for dates.

### DURHAM



with Gen Chogma  
Wednesdays  
7:30 – 8:45pm

Clayport Library,  
(opposite Gala theatre),  
Millennium Place,  
DH1 1WA

### MIDDLESBROUGH



with Mike Whitaker  
Wednesdays  
7 – 8:15pm

Acklam Green Centre,  
(next to football  
pitches)  
Stainsby Road,  
TS5 4JS

### BARNARD CASTLE



with Judi Collin  
First Thur of month  
7:30 – 8:45pm

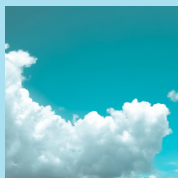
The Witham Hall,  
Horsemarket,  
DL12 8LY

# SATURDAY HALF-DAY COURSES

These Saturday morning courses are an opportunity to look more deeply at particular topics. Everyone is welcome and there's no previous experience needed.

10am-1pm  
Cost £15

(free for monthly members - who can also access the courses via live-stream)



## DECLUTTER YOUR MIND

Sat 13 Jan with Gen Kelsang Chogma  
Does your mind feel cluttered or chaotic — flitting from thought to thought or obsessing over the same things again and again? Learn how to tidy up your mind through meditation!



## LOVE WITHOUT PAIN

Sat 10 Feb with Elaine Doherty & Ken Standley  
Learn ways of relating to others that make relationships rewarding and harmonious - whether couples, family or friends - and try out meditations to make relationships work better.



## OVERCOMING SELF-LIMITING BELIEFS

Sat 9 Mar with Gen Chogma  
Followed by a guided retreat on Sun 10 Mar  
Discover how we can change our perception of ourself by seeing beyond our ordinary and mistaken ways of thinking.



## AN ATTITUDE OF GRATITUDE

Sat 20 Apr with Joe Crees  
Grateful people are happy people! Discover the uplifting experience of joy and positive energy that comes from meditating on gratitude.



## SELF-CARE, SELF-CONFIDENCE

Sat 4 May with Mike Whitaker  
In meditation we can recognize the extraordinary spiritual potential we all have within us and thereby learn a radical form of self-acceptance and true self-confidence.

# GROUP RETREATS

Step away from your busy, daily life and focus on a particular spiritual practice. If the retreat has an introduction you will need to attend that if you are unfamiliar with the practice. Feel free to contact us if you're unsure what may be suitable for your level of experience.

Cost - unless stated otherwise ~ £4 per session ~ £10 per day ~ free for monthly members

## AMITAYUS: for a long Life, wisdom & good fortune

Fri 2 - Sun 4 Feb (intro on Friday evening)

The beautiful practice of Buddha Amitayus to strengthen our life-span, merit and wisdom.

## THE CORRECT VIEW OF EMPTINESS

Sun 10 Mar with Gen Chogma (with the option to follow on from Sat half-day course)

Meditations on the true nature of our body, our self and all phenomena to reduce our self-grasping, the source of all our suffering and problems.

## NYUNGNAY PURIFYING RITUAL PRACTICE: fasting retreat

Sat 13 - Mon 15 Apr: Celebrating Buddha's Enlightenment Day (intro on Saturday evening)

Wrapped within the practice of Mahayana Precepts, it involves fasting and making three sessions of prostrations, with the sadhana 'Drop of Essential Nectar', over two days.

## OFFERING OUR FAITH: celebrating Venerable Geshe Kelsang Gyatso Rinpoche

Sun 2 Jun (Free)

Our annual retreat to connect with our precious Founder by reciting his name mantra.

## REFUGE: come under the umbrella of Buddhism

Sun 23 Jun ~ guided retreat

Going for refuge in Buddha, Dharma and Sangha is the gateway into Buddhism.

## JUST BREATHE: meditations on the breath

Sun 7 Jul ~ guided retreat

Take a break from your busy life and create some inner peace with breathing meditations.

# GETAWAY RETREATS ~ WITH GEN CHOGMA

## WEEKEND RETREAT: TAKING & GIVING MEDITATIONS

at Madhyamaka KMC, Pocklington, York

Fri 22 - Sun 24 March

Enjoy a weekend retreat at Madhyamaka KMC in the Yorkshire Wolds, with its beautiful meditation rooms, peaceful woodland, lake and extensive grounds.

Come for the weekend or attend the Saturday only. Please see our website for accommodation options and prices. Suitable for all levels of experience.



## A LIFE LESS DISTRACTED: SILENT DAY RETREAT

at Mickleton Village Hall, Mickleton, Teesdale

Sun 12 May 10:30am-3:30pm

We have the perfect conditions for meditation retreat, with a beautiful, rural location nestled in the Teesdale hills. Retreat is about taking a break from our busy life but also controlling our mental distractions. Silence is very useful: it helps us turn inwards and calm our mental chatter, so that we can begin to let it go and experience real silence within our mind.



## RELAXATION SEASIDE DAY RETREAT

at Flowergate Hall, Whitby

Sat 18 May 10:30am-3:30pm

Join us in the stunning seaside town of Whitby for a relaxing day retreat focusing on a special breathing meditation that combines mindfulness of the breath with silent mantra recitation. This meditation leads us to experience a pure happiness and contentment from within, without depending at all on external conditions; a deep sense of relaxation.





# IMPROVING YOUR MENTAL HEALTH

a Buddhist approach

7-8pm  
Thursday 13 June  
At Hullabaloo Theatre,  
next to Darlington Hippodrome



with Kadam Bridget Heyes

How to break the cycle of negative thoughts and lift your mind to a brighter, stronger place using Buddhist teachings and meditations.

With good mental health we can cope with the challenges life poses and grow into our potential, whilst poor mental health takes away our joy and blocks us from living our best life.

Over recent years, ancient meditation techniques have become mainstream in society, and it is widely accepted as an important tool in maintaining and improving good mental health.

In this talk Kadam Bridget will discuss what mental health and meditation are from a Kadampa Buddhist perspective and teach simple meditation techniques, tried and tested methods to cultivate a strong and peaceful mind.

**Kadam Bridget Heyes** is the NKT-IKBU National Spiritual Director of the UK and is known for her powerful teachings, compassionate heart, and deep understanding of Buddha's wisdom advice. Her teachings are exceptionally clear and she presents profound ideas in ways that are easy to practice and integrate into daily life.

**TICKETS & BOOKING:** £12 (£10 concession)  
**phone:** 01325 405405 **online:** [meditationindarlington.org](http://meditationindarlington.org)  
**or in-person:** at Hippodrome Box Office

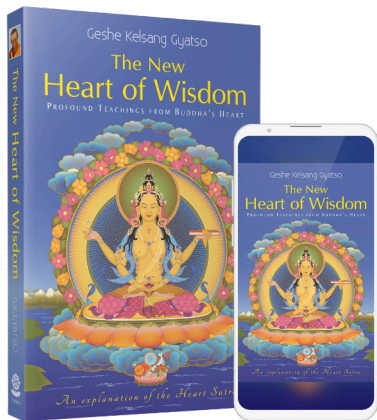
# IN-DEPTH STUDY

**Foundation Programme** is designed to deepen our knowledge and, more importantly, our experience of the teachings. It's the ideal next step after attending our drop-in classes.



The programme and students both employ a systematic approach to study; the classes go through one book in detail, page by page, and the students undertake to attend every class.

FP students enrol as members of our Gold monthly membership plan which also gives free access to other classes, courses and retreats, plus discounts on special events. You can try a month trial at any time - please contact [epc@meditationindarlington.org](mailto:epc@meditationindarlington.org) to arrange dates.



## Thursdays 7-9pm with Gen Kelsang Chogma

We are currently studying  
'The New Heart of Wisdom'  
- a commentary to Buddha's Heart Sutra.

We will be starting Part Two  
of the book around April.

You can join at any time but the start of a new section is the ideal opportunity to join.

# THE PRACTICE OF HIGHEST YOGA TANTRA

Buddha's teachings on Highest Yoga Tantra (HYT) are known as the quick path to enlightenment and include special practices that function to swiftly purify our mind.

\* You must either have received HYT empowerments or intend to do so as soon as possible.

\*\*You must have received HYT empowerments to attend.

Please Note: The next opportunity to receive HYT empowerments is at the NKT International Fall Festival Oct 25-Nov 1 2024 in Brazil. They are also granted every few years during the NKT International Summer Festival at Manjushri KMC, UK

## DAKINI YOGA PUJA\*\*

Mon, Tue, Wed 8-8:50am

These morning pujas are an ideal way to develop the force of familiarity and encourage yourself to establish a regular Highest Yoga Tantra sadhana practice by engaging in group practice.

## THE UNCOMMON YOGA OF INCONCEIVABILITY: VAJRAYOGINI RETREAT\*\*

Sat 21 Jan (guided) & Sun 22 Jan (unguided) ~ 10am-3:30pm

This brief, beautiful and extremely profound Vajrayogini practice enables us to attain the Pure Land of Keajra within this life without abandoning our human body.

## VAJRAYOGINI SELF-INITIATION ~ FEAST OF GREAT BLISS\*\*

Thur 25 Jan 9am-1pm

During this extensive self-generation puja we have the opportunity to receive the blessings of the empowerments again. Those who have HYT empowerments but have not completed a Vajrayogini Close Retreat may still attend but do not engage in the empowerment sections.

## HUNDREDS OF DEITIES OF THE JOYFUL LAND: HERUKA RETREAT\*\*

Sat 27 Jan (guided) & Sun 28 Jan (unguided): 10am-3:30pm

Enjoying this blissful Heruka practice is a perfect way of preparing our mind to engage successfully in the special Mahamudra meditations of the Ganden Oral Lineage.

## BLISSFUL PATH GUIDED SESSIONS\*

3-4pm on the following Sundays ~ Feb 25, Apr 28, Jun 16

These guided sessions will explore the meditations in The Blissful Path condensed Vajrayogini self-generation practice.

# NATIONAL & INTERNATIONAL EVENTS

The following events are held at Manjushri KMC, Ulverston, Cumbria



## THE WISDOM OF MEDITATION

1-3 Mar With Gen-la Kelsang Dekyong

Blessing empowerment of Wisdom Buddha Manjushri & unlocking the priceless value of Venerable Geshe-la's uncommon explanation of how to meditate - based on oral instructions and transmissions Gen-la Dekyong has personally received, including teachings from The Mirror of Dharma with Additions.



## NKT-IKBU INTERNATIONAL SPRING FESTIVAL 2024

Accomplishing the Great Wisdom Protection

May 24-29

Dorje Shugden empowerment and teachings on the extensive protector puja with Gen-la Kelsang Jampa.



## NKT-IKBU INTERNATIONAL SUMMER FESTIVAL 2024

Profound Teachings From Buddha's Heart

Jul 26 - Aug 10

Prajnaparamita empowerment and teachings on the Heart Sutra, and commentary to Blissful Path and the Uncommon Yoga of Inconceivability with Gen-la Kelsang Dekyong and Gen-la Kelsang Jampa.

## THE POWER OF PRAYER

Pujas (chanted prayers) are an important component of training in a spiritual life. They help us to still our mind, connect with enlightened beings and receive blessings. Joining group pujas are a helpful way to gain familiarity with the prayers so you can begin your own personal practice.

Below are some of the pujas we regularly practise together at the centre. Please check the online calendar for any schedule changes and for details of other regular pujas. All pujas are free of charge. Everyone is welcome.



## MEET THE BUDDHAS

**Mondays 7-8pm (time may change if we have another event the same day)**

These pujas will have a different focus each week so you can experience the prayer practices associated with different Buddhas - such as Medicine Buddha, Tara, Avalokiteshvara and more!

## HEART JEWEL WITH SILENT MEDITATION

**Tue & Thu 5:15-6:15pm | Wed 4-5pm**

A special prayer practice that includes a 15 minute silence for Lamrim meditation. By relying upon this practice, we can cause our compassion, wisdom and spiritual power to increase. In this way, we will grow within us strong potentials for profound knowledge and Dharma realisations.

## WISHFULFILLING JEWEL WITH TSOG OFFERING

**Sundays 5-6pm (time may change if we have another event the same day)**

During the puja we offer food and drink to the Buddhas and then share it afterwards. Feel free to bring an offering with you, ideally something that can be shared immediately afterwards without needing to be cooked - no meat or alcohol please.

## OFFERING TO THE SPIRITUAL GUIDE

**10<sup>th</sup> and 25<sup>th</sup> of each month (time varies)**

If we rely sincerely on our Spiritual Guide we can receive powerful blessings of all the Buddhas, giving us the inner conditions we need to make authentic spiritual progress. This puja also includes a tsog offering so feel free to bring an offering with you.

# VOLUNTEERING OPPORTUNITIES



## Join our wonderful team of kind volunteers!

If you have any special skills - or even if you don't! - there are many opportunities to get involved. We're a registered charity and function solely through the kindness of our volunteers.

From reception and shop, decorating, gardening to designing and distributing publicity, everyone is welcome to join in the fun. Jobs can be found to fit your schedule, so even if you can only volunteer a couple of hours a week there will be something you can do.

Volunteering is a great opportunity to make Sangha friendships and feel that you're giving something back to others.

# LIVING AT ATISHA KMC

Becoming a resident at Atisha KMC is a wonderful opportunity to be part of a peaceful, happy and harmonious household. Benefits include:

- Access to meditation classes, courses and retreats
- Sharing your home with like-minded people
- Train station and town centre within easy walking distance
- Car parking with easy commuting to all areas of the North East
- To maintain peace and tranquillity, no TV, alcohol or meat
- Rooms are newly decorated and fully furnished

To chat about joining our residential community contact [admin@meditationindarlington.org](mailto:admin@meditationindarlington.org)



Tuesday evening & Thursday morning classes cost £6 or four classes for £18  
(free for monthly members)

**To book for an event please see our website**  
Monthly Membership from £25 (see website for details)

**ATISHA KADAMPA MEDITATION CENTRE**

**81 Victoria Road, Darlington, DL1 5JQ**

**01325 365265 ~ [info@meditationindarlington.org](mailto:info@meditationindarlington.org)**

Jan	13	Declutter your Mind: half-day course
	20-21	The Uncommon Yoga of Inconceivability: HYT retreat
	27-28	The Hundreds of Deities of the Joyful Land: HYT retreat
Feb	2-4	Amitayus Retreat for Long Life, Wisdom & Good Fortune
	10	Love Without Pain: half-day course
Mar	9	Overcoming Self-Limiting Beliefs: emptiness half-day course
	10	The Correct View of Emptiness: day retreat
	22-24	Countryside Weekend Retreat: Taking & Giving Meditations
Apr	13-15	Nyungnay Purifying Ritual Practice - fasting retreat
	20	An Attitude of Gratitude: half-day course
May	4	Self-care, Self-Confidence: half-day course
	12	A Life Less Distracted: Silent Retreat Day in Teesdale
	18	Relaxation Seaside Day Retreat in Whitby
Jun	2	Offering Our Faith: day retreat
	13	Improving Your Mental Health - with Kadam Bridget Heyes
	23	Following the Buddhist Path: Refuge day retreat
Jul	7	Just Breathe: day retreat on breathing meditation

[meditationindarlington.org](http://meditationindarlington.org)

Atisha KMC is part of the New Kadampa Tradition - International Kadampa Buddhist Union.  
Registered Charity Number: 1013466

